

My student life essentials: February

- ✓ Still feeling confused about council tax? Find out how to [register for exemption or reduction here](#).
- ✓ Need answers to your questions about student finance and bursaries? Take a look at [this information page](#).
- ✓ It's easy to let your wellbeing fall down the list of priorities, but it's crucial for maintaining a balance. Take a look at these [resources](#) for a boost.
- ✓ The [NHS self-help guides](#) and [Big White Wall](#) offer guided support to help look after yourself.
- ✓ If you feel like you need support, there are services available. [Find out what you can access here](#).
- ✓ Find out [how to register](#) with the Disability Advisory and Support Service.

This month's way to wellbeing is:

manchester.ac.uk/sixways

take
notice